

Symposium Café
318 Blackwell Street, Suite 100, Durham, NC 27701
ph: 919-433-0320 www.symposiumcafenc.com



Breakfast Menu

The Symposium Café's Breakfast is *Second to None* and is available All Day.

Full Breakfast

Enjoy any of the following breakfast suggestions with your choice of a complimentary European coffee (Cafe Latte, Cafe Mocha, Cappuccino, Espresso or Espresso Macchiato), hot chocolate, steamer, tea or with a cup of our gourmet coffee. Complimentary refills are available with our gourmet coffee and tea choice only.

Three Egg Breakfast

Three fresh eggs, prepared your way \$6.95

Three fresh eggs, prepared your way and complimented with ham, bacon or farmer's sausage. \$7.95

Ham and Swiss Omelette \$8.95

A three egg omelette with ham and Swiss cheese.

Bacon and Cheddar Omelette \$8.95

A three egg omelette with bacon and cheddar cheese.

Western and Cheddar Omelette \$9.95

Ham, red pepper, green pepper, red onions and cheddar cheese in a three egg omelette.

Plain Omelette \$7.95

A three egg omelette. Have it the way it is or you can add additional ingredients.

Additional Ingredients \$0.75 each.

Choice of bacon, Cheddar, Mozzarella, Swiss, Feta cheese, shaved ham, tomatoes, red onions, mushrooms, green peppers, red peppers, zucchini, diced eggplant and spinach.

Mediterranean Omelette \$9.95

Diced zucchini, eggplant, tomatoes, black olives and feta cheese in a three egg omelette.

Grilled Vegetable Omelette \$9.95

A three egg omelette with grilled red and green peppers, onions, mushrooms and zucchini.

Spinach and Feta Omelette \$8.95

A three egg omelette with cooked spinach and feta cheese.

Omelette Deluxe \$10.95

Bacon, sausage, ham, red peppers, green peppers, red onions, and mushrooms in a three egg omelette.

Make your eggs, egg whites add \$1.25

Above Egg breakfasts are accompanied with seasoned breakfast potatoes and your choice of white, whole wheat or dark rye toast. Substitute fruit salad instead of potatoes add \$1.50

Our Breakfast Of Champions \$10.95

Three eggs prepared your way with your choice of bacon, ham or farmer's sausage with breakfast potatoes and a Banana Waffle.

Eggs Benedict \$8.95

Two poached eggs served on a toasted English muffin, layered with ham and topped with Hollandaise. Served with breakfast potatoes.

Eggs Florentine \$8.95

Two poached eggs served on a fresh croissant, layered with cooked spinach and topped with Hollandaise sauce. Served with breakfast potatoes.

Eggs Neptune \$9.95

A toasted English muffin topped with crab meat, two poached eggs, green onions and crowned with Hollandaise sauce. Served with breakfast potatoes.

Breakfast Sandwiches (a la carte)

Grilled cheese \$3.95

B.L.T. \$4.95

Bacon and egg \$3.95

Western \$4.95

Freshly Squeezed Juices

Symposium orange/strawberry/banana \$3.75

Freshly squeezed orange juice \$3.25

Mango juice \$3.75

Symposium Starters

Appetizers

Symposium Chicken Tenders \$7.95

Lightly Breaded Chicken Tenders, seasoned to perfection with Cajun dipping sauce, celery and carrot sticks.

Bruschetta \$7.95

A combination of seasonings, diced tomatoes and onions served on a toasted baguette. Complimented with goat cheese and Mozzarella. A Mediterranean favourite.

French Fries \$3.25

Deep fried to a golden brown and served with pesto sauce for dipping.

Calamari \$8.95

Lightly breaded rings, cooked golden brown and served with lemon and cocktail dipping sauce.

Firecracker shrimp \$8.50

Succulent shrimp smothered in hot garlic tomato sauce with a hint of Frank's Red Hot Sauce, topped with parmesan cheese and served with nacho chips.

Pita & Dip \$7.50

Red Pepper Dip served with pita wedges and a fresh medley of carrots, celery, red onions, tomato wedges and black olives.

Each additional person \$3.25

Extra Dip \$2.95

Symposium Dips \$2.95

Our Homemade Dips are a delicious addition to any of our appetizers. Your choice of Baba Ghanouj, Hummus, Spinach or our Red Pepper Dip will accent the taste and offer a new flavour "esperienza".

Warm Spinach Dip \$8.50

Our Signature Spinach Dip topped with Feta and Cheddar cheese, served warm with pita and tortilla chips. Perfect for sharing.

Maryland style Crab Cakes \$9.25

Golden brown crab cakes served with Cajun dipping sauce.

Salads

California Salad with

Sauteed Shrimp \$10.95

Spring mix greens mixed with candied walnuts, gorgonzola cheese, red onions, Mandarin oranges in a Balsamic vinaigrette dressing. Topped with succulent garlic sauteed shrimp.

California salad without sauteed shrimp \$6.95

Greek Salad with Grilled Salmon \$11.95

Romaine lettuce, red onions, green peppers, cucumbers, tomatoes, Feta cheese, black olives in a Greek vinaigrette dressing topped with a grilled salmon fillet.

Greek salad without salmon. \$7.95

J.D. Flat Iron Steak

Vinaigrette Salad \$9.95

A Jack Daniels marinated Tender Flat Iron Steak, sliced and layered gently on top of organic greens tossed in a Balsamic Vinaigrette dressing, garnished with tomato wedges, red onions, croutons and a pepperoncini.

Vinaigrette salad without steak \$5.95

Grilled Chicken Caesar Salad \$9.95

Grilled Chicken strips sit a top crisp romaine lettuce, real bacon bits, croutons in a creamy Caesar dressing.

Our Caesar salad without chicken. \$6.95

Soups

Vegetable Tomato Soup \$3.75

Tomato soup with hearty vegetables.

Crab Chowder \$4.95

Homemade Crab meat chowder.

Gourmet Wraps & Sandwiches

Symposium Chicken Wrap \$8.75

The main event! A tomato basil tortilla filled with grilled chicken breast strips, roasted red peppers, potato puree and tomato slices. Accented with Goat cheese and our signature Roasted Red Pepper dip.

Turkey Bacon Club Triple Decker \$9.25

Climb this mountain of flavour! Oven roasted turkey, crispy bacon, lettuce and tomato all layered between three slices of bread.

Prime Rib Sandwich \$8.75

A heaping portion of thinly sliced prime rib.

Served on a toasted baguette with homemade horseradish sauce.

Crab Cake on a bun \$9.95

Our own perfectly cooked crab cake on a toasted kaiser bun with lettuce, tomato, pickle, red onion and Cajun mayo.

Salmon fillet Sandwich \$9.45

Grilled salmon on dark rye bread with baba ghanouj spread, red onions, roasted green peppers and mozzarella cheese.

Turkey Wrap \$8.75

Thinly sliced oven roasted turkey breast and swiss cheese, fresh lettuce, tomato and cranberry mayo stuffed in a spinach tortilla.

Chicken Caesar Wrap \$8.75

Grilled chicken breast strips with romaine lettuce, tomato, real bacon bits and creamy Caesar dressing wrapped in a spinach tortilla.

Sesame Thai Chicken Wrap \$8.75

The Far East at your fingertips! A superb combination of organic greens, grilled chicken breast strips, diced bell peppers, almonds, shredded carrots and green onions in a Sesame Thai dressing, tastefully wrapped in a spinach tortilla.

Crispy Chicken Wrap \$8.75

Our lightly breaded chicken tender strips garnished with lettuce, tomato, onion, pickle and served on a tomato basil tortilla with Cajun mayo.

Grilled Veggie Wrap \$7.95

Roasted red and green peppers, grilled onions, mushrooms and zucchini with melted Mozzarella cheese, fresh greens and Baba Ghanouj spread wrapped in a spinach tortilla.

Steak wrap \$9.25

Marinated grilled flat iron steak, sliced thin and wrapped in a tomato basil tortilla with lettuce, tomato, grilled onions and peppers, pepperjack cheese and Cajun mayo.

Ham and Swiss on rye \$7.95

Thinly sliced ham on dark rye with swiss cheese, tomato and honey dijon mustard.

Burgers

All Symposium half pound burgers are made with lightly seasoned ground beef, charbroiled to perfection and served on a toasted kaiser roll.

Symposium Burger \$7.95

Truly unforgettable. A classic selection presented with lettuce, tomato, pickles and onions.

Gourmet Cheese Burger \$8.50

Our half pound burger topped with choice of Cheddar, Swiss, Pepperjack or Mozzarella cheese.

Mushroom Swiss Burger \$8.95

A must try! By topping our classic Symposium Burger with sauteed mushrooms and melted Swiss Cheese, we've created a mouthwatering taste experience.

Banquet Burger \$9.25

A half pound burger with bacon and choice of Cheddar, Swiss, Pepperjack or Mozzarella cheese.

Compliment any of the above burgers with bacon, sauteed mushrooms, roasted red peppers, roasted zucchini, roasted eggplant or a slice of cheese (Cheddar, Swiss, Pepperjack or Mozzarella) \$0.95 each

Entrees

Cajun NY steak \$17.95

A Cajun coated 10oz New York steak, grilled to your liking. Served with choice of mashed potatoes or risotto and sauteed vegetables.

(Try a glass of Tamari Malbec)

Jack Daniels Flat Iron Steak \$15.95

A Jack Daniels marinated and sliced 8oz Flat Iron Steak cooked perfectly and served with mashed potatoes and sauteed vegetables.

(Recommend Simi Cabernet wine)

Chicken Marsala \$14.95

Tender chicken breasts cooked in a Marsala wine sauce sits a top fettucini noodles and grilled vegetables.

(Recommend Bollini Pinot Grigio)

Chicken Souvlaki Dinner \$11.95

A Skewer of marinated chicken breast, grilled to perfection, with risotto and sauteed vegetables.

(Recommend R. Strong Chardonnay by the glass)

Chicken Parmesan \$12.95

A boneless chicken breast lightly breaded and covered in Marinara sauce and Mozzarella cheese. Served with fettuccine in Marinara sauce.

(Try a glass of St. Jean Merlot)

Atlantic Salmon Pesto Cream Sauce \$14.95

Grilled Atlantic salmon drizzled with a pesto cream sauce. Served with choice of mashed potatoes or

risotto and sauteed vegetables.

(Suggest a glass of Meridian Pinot Noir)

Mediterranean Grilled Tilapia \$14.95

Lightly seasoned and grilled tilapia covered with diced eggplant, zucchini, tomatoes, and black olives in a white wine sauce. Served with risotto and sauteed vegetables.

(Recommend a glass of Sokol Blosser Evolution)

Seafood Pasta \$14.95

Sauteed shrimp, salmon, and calamari in a rose sauce and tossed with fettuccine noodles. Served with toasted baguette.

(Try a glass of Matua Sauvignon Blanc)

Fettuccini Alfredo \$10.95

Fresh garlic, basil and mushrooms combined with al dente fettuccini noodles mixed with our freshly made Alfredo sauce makes this selection a classic choice.

(Recommend Benziger Cabernet)

Fettucine jambalaya \$10.95

A spicy mixture of vegetables and sausage in marinara sauce over fettucine noodles .

(Try a glass of Yellowtail Shiraz)

Desserts

Crepes and Waffles

All our Crepes and Waffles are made fresh to order to tantalize all your senses. The aroma of a freshly made waffle, the visual of a beautifully decorated plate and the taste of a warm, fresh made waffle or crepe complimented by cold delicious ice cream, fresh fruit and/or our tasty squares will surely lead you into temptation.

Served as a Crepe \$8.25 or Waffle \$8.95.

Symposium East Meets West

Two separate pleasures on one plate. Vanilla ice cream and strawberries topped with strawberry puree meet chocolate ice cream, bananas and chocolate syrup. A mouth watering combination topped with whipped cream.

Chocolate Divine

Sinfully good! Rich fudge chocolate syrup smothers chocolate ice cream, chocolate brownies, bananas and whipped cream.

Harvest Sensation

A delicious reminder of days gone by!

Vanilla ice cream pairs up with a Harvest Munch square topped with fresh strawberries, strawberry puree, whipped cream and draped with rich chocolate.

Fruit Festival

An assortment of fresh fruit joins vanilla ice cream, strawberry puree and whipped cream
Add your favorite mix to your freshly made waffle.

Available mix may include your choice of chocolate chips, banana, strawberry, blueberry or black berry.

Add \$1.50 each

Dessert Squares

Oreo Dream \$4.75

Layers of white and dark chocolate loaded with Oreos.

Caramel Apple Granny Bar \$4.75

Granny Apple chunks and custard in granola drizzled in caramel.

Rock Slide Brownie \$4.75

Caramel, toasted pecans and chocolate chunks.
Additional Square selections are also available.
Please ask your server.

Cakes \$6.75

Please visit our showcase of cakes, and your server will be more than pleased to help you with your selection. *Some products may contain traces of nuts.*

Pies \$5.50

Please ask your server for our feature selections of pies this week.
A la mode to your pie – chocolate or vanilla ice cream. \$1.50

Ice Cream

Very-Berry Banana Split \$7.95

A sinful ensemble of vanilla ice cream, fresh bananas and cascading blackberries, blueberries and strawberries, then topped off with whipped cream and strawberry puree. A pure avalanche of flavor...look out!

Chocolate Chunk Banana Split \$7.95

A Work of Art.

Check out this classic combination of chocolate ice cream and fresh bananas garnished with chunks of brownies and topped with whipped cream and chocolate sauce.

Parfaits \$5.95

A Symposium favorite!

Rich chocolate syrup, French Vanilla ice cream and strawberry puree twist and swirl to a whipped cream finale. Add a shot of Grand Marnier to your parfait. \$3.00

Sundaes \$3.75

Rich and creamy, Venetian Chocolate or French Vanilla ice cream, double scooped and served with whipped cream and your choice of caramel, strawberry or chocolate syrup.
Add fresh fruit to your sundae – strawberry, banana or kiwi \$1.50 each

Cold Beverages

Fresh Fruit Freezies: Symmetry for the Senses

A refreshing and unique combination of fresh fruit blended with Ice.

Single Fruit Sensations \$4.25

Strawberry, kiwi, banana, cantaloupe, blackberry, raspberry, blueberry, honeydew melon or pineapple.

Double Fruit Combination \$4.75

Blueberry/banana, strawberry/banana, pineapple/strawberry, strawberry/honeydew melon or pineapple/raspberry.

Triple Fruit Combination \$5.25

Banana/strawberry/kiwi, strawberry/kiwi/pineapple or strawberry/blueberry/blackberry.

Combine different

fruits to create your own special creations. Add \$0.50 for each additional fruit.

Fruit N Tea Freezies \$4.95

A refreshing and unique combination of fresh fruit puree, green tea, Gingko Biloba, Ginseng and crushed ice.

Choose from peach, pear, mango or strawberry.

Fresh Fruit Milk Shakes \$5.45

Our fruit basket is brimming with choices. Choose from fresh strawberries, bananas, kiwi, blueberry, blackberry, pineapple, raspberry, cantaloupe and honey dew. Add a refreshing lift to your ice cream shake. Additional fruit burst – Add \$0.50 per fruit

Traditional Milk Shakes \$4.95

Choose from chocolate, vanilla, caramel or strawberry.

Iced European Coffees

Symposium Iced Mocachino \$3.95

Creamy Iced Mocachino \$4.95

For a tasty twist, try our Mocachino blended with a banana. Add \$0.50.

Iced Cappuccino \$3.75

Creamy Iced Cappuccino \$4.75

Our European Cold Iced Coffees are all available decaffeinated.

Symposium Tea Room

Traditional Tea \$1.95

Orange Pekoe

Specialty and Herbal Teas \$2.25

Ask your server for our selection of 'Mighty Leaf' Teas.

Chai Latte \$3.95

Chai Mocha \$4.45

Vanilla Chai \$4.45

European Coffees

Symposium Cafe Mocha \$4.45

Symposium Cafe Latte \$3.95

Vanilla Cafe Latte \$4.45

Cappuccino \$3.95

To Europe and back in 15 minutes.

Espresso \$2.25

Double Espresso \$3.25

Espresso Macchiato \$2.65

Double Macchiato \$3.65